

# **GROUP EXERCISE SCHEDULE**

## **EFFECTIVE: MONDAY, AUGUST 30, 2010**

DAY				EVENING			
<b>MONDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
6:15-7:00AM				4:30-5:45PM		Cardio Fusion LORIE	
8:30-9:30AM		Pilates-DENISE		5:00-6:00PM	LI/SCULPT JEAN		
8:30 - 9:30am	STEP SHARON			6:00-7:15M	CARDIO KICK Lisa		Indoor Cycling Katie
9:30 - 10:00AM	Butts & Guts SHARON	9:30 - 10:30am Cardio- Barb		6:45 - 8:00PM		TOTAL BODY Ann Marie	
11:00-12:00AM		L. COMBO-Pat/Susan		7:30-8:30PM	LI/B.S. - MISTY		
<b>TUESDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			"FLEX SPIN" - Ed	4:15-5:15PM	Body Definition/ Cardio BRIDGET		
6:00-7:00AM	C. COMBO-Judi			5:30-6:15PM	ZUMBA WITH BRIDGET		5:30 - 6:15PM CYCLING Kitty
8:00-9:30AM		Power Sculpt ROZ		6:15-7:00PM	POWER Sculpt KITTY	6:15- 7:15PM Power Yoga-Lisa	
9:00 - 10:00AM	Cardio Fusion KATHY			7:30-8:30PM	HI/LO/B.S.- Misty		
9:30-11:00AM		PILATES - Roz					
<b>WEDNESDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
6:15-7:00AM				4:00-5:30PM			
8:30 - 9:30AM	Body Shaping DENISE	Power Kick SHARON		5:30-7:00PM	Cardio Fusion JUDI & LORIE		
9:30-10:00AM		Body Sculpt SHARON		6:30-7:30PM		Class will return in the fall	
9:30 - 10:30AM	ZUMBA will RETURN 9/22			7:00-8:00PM			Indoor Cycling Katie
11:00-12:00PM		Lite Combo -Pat		7:30-8:30PM	Interval Step-Misty		
<b>THURSDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			Flex Spin - ED	4:30 - 5:30PM		C.Sculpt - Jeannie	
5:45 - 7:00AM		CARDIO - JUDI		5:00 -6:00PM	High Energy Cardio & AB Jean		
8:00-9:30AM		Pilates- ROZ		6:00 - 7:00PM		YOGA - Sharon	
9:00- 10:00AM	Cardio Fusion Kathy			7:00-8:15PM		PILATES Ann Marie	
9:30-11:00AM		P. Sculpt/Pilates ROZ		7:30-8:30PM	STEP - Misty		
<b>FRIDAY</b>							
Time	Upper Gym	Lower Gym	Studio	Time	Upper Gym	Lower Gym	Studio
5:30-7:00AM			"Flex Spin" - ED	4:30-5:30PM		Cardio/BS-JUDI & SHARON	
8:30-9:30AM							
9:30-11:00AM	Step & Strength JENNY						
10:15-11:15AM		Body Shaping Lynn					

## WEEKEND SCHEDULE

<i><b>SATURDAY</b></i>			
<b>Time</b>	<b>Upper Gym</b>	<b>Lower Gym</b>	<b>Studio</b>
8:30-10:00AM	Basic Training/ CPK - GUNNY		
8:45-10:00AM		STEP Sharon	9:00-10:00AM Cycling - Katie
10:00-11:15AM	Body Shaping Kitty/Lorie/ Jean	10:00-11:30 Power Yoga LISA	
<i><b>SUNDAY</b></i>			
10:00-11:30AM	One Step Beyond- JUDI	10:00 - 11:00 Body Shaping DENISE	

### CLASS KEY

<b>B.S. - Body Shaping</b>	<b>L.I./ABS - Low Impact/Abdominal Work</b>
<b>B.S.+ - Body Shaping Plus</b>	<b>L.I./B.S. - Low Impact/Body Shaping</b>
<b>Body Definition - Total Body Workout</b>	<b>LI/SCULPT - Low Impact/Sculpt</b>
<b>Cardio Fusion - mixture of various types of aerobics, body sculpting &amp; pilates</b>	<b>O.S.B. - One Step Beyond</b>
<b>C.C. - Circuit Class</b>	<b>S.A. - Step Aerobics</b>
<b>C. P.K. - Cardio Power Kick</b>	
<b>C/Sculpt - Cardio Sculpt</b>	
<b>Flex Spin - Three 1/2 hour segments - 3 levels</b>	
<b>I.S.T. - Interval Step Training</b>	
<b>I.C. - INDOOR CYCLING</b>	
<b>LC. - LITE COMBO</b>	